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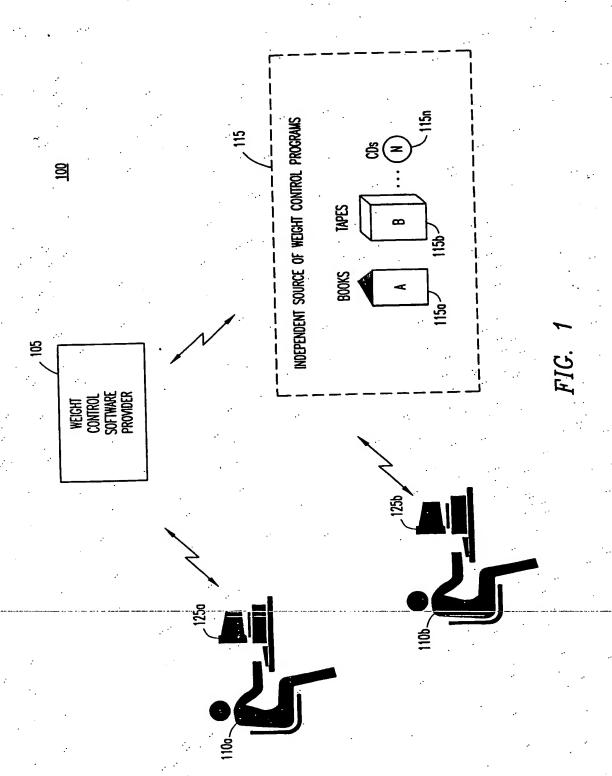
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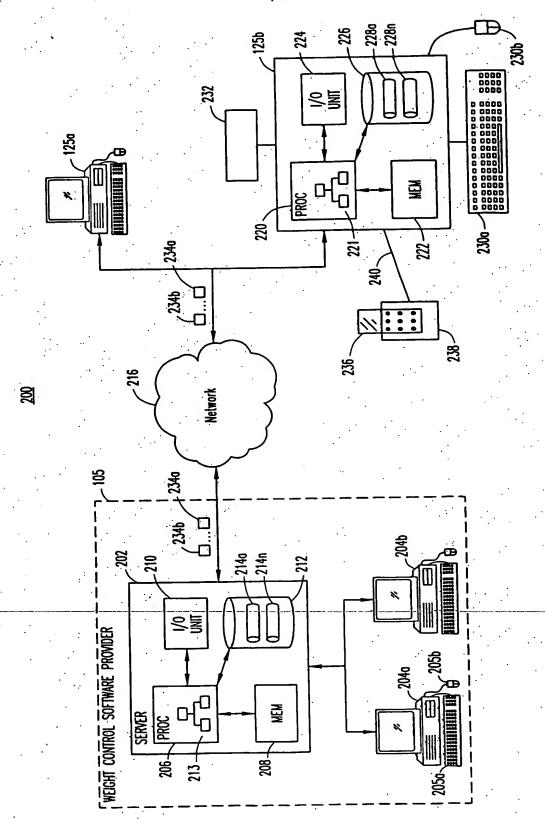


FIG. 2

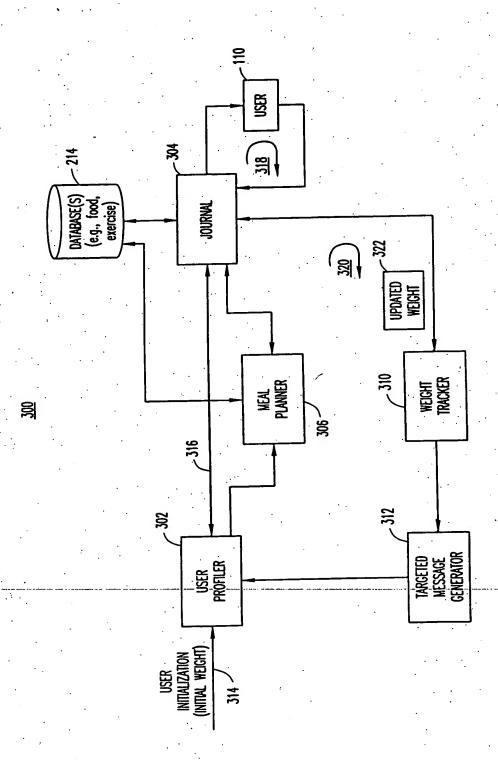
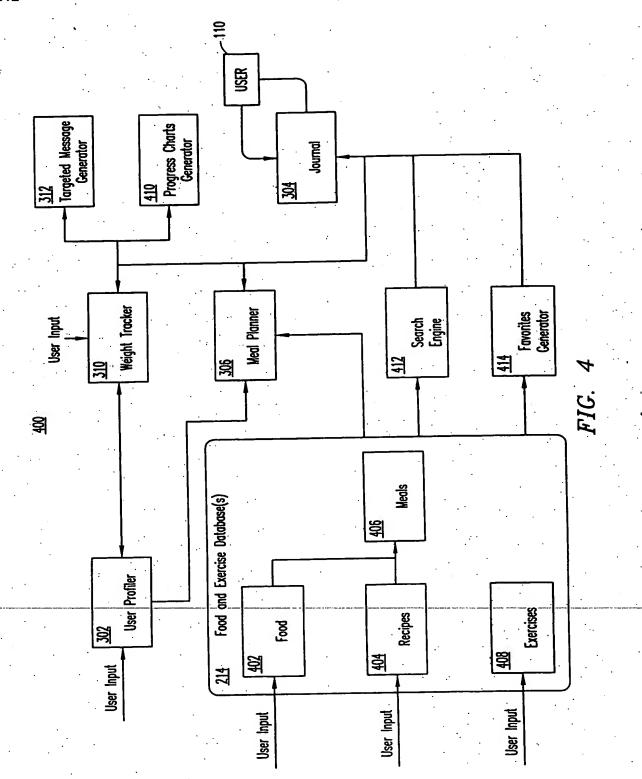
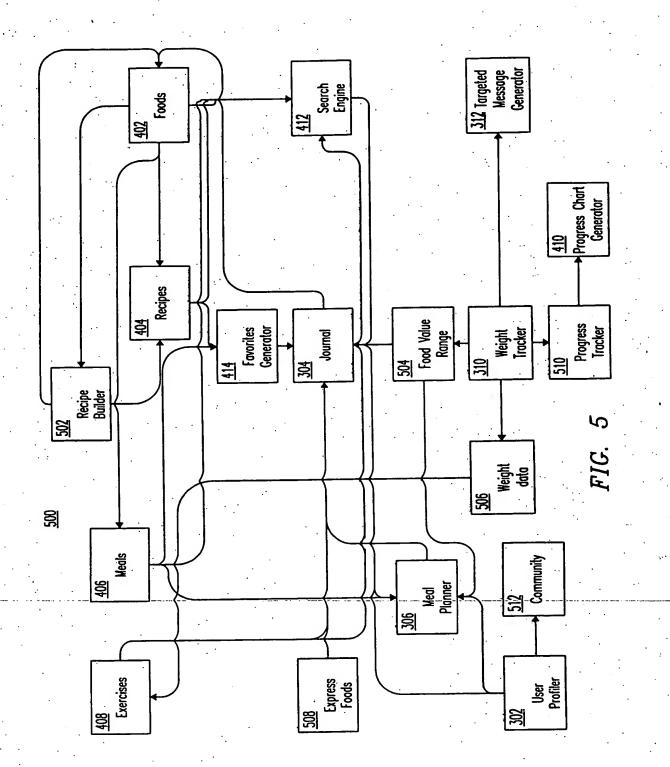


FIG. 3





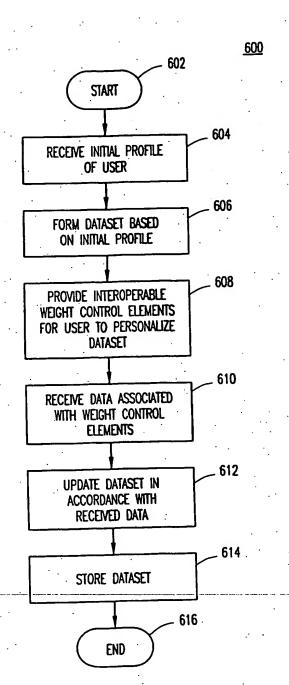


FIG. 6

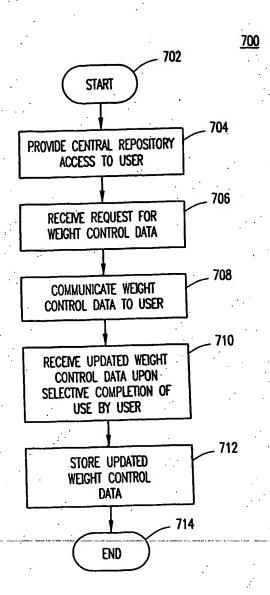


FIG. 7

Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al 8/28 03968-P0001E LOGIN find a meeting about us my profile site map help just for me shop healthy life sucess stories food & recipes home the plan community Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Colculators | Assessment | Tools for Living 826 step 6 of 6 confirm your information Please confirm that all details you entered are correct. Click the "make changes" link below to make **Current Weight Information** Current Weight: 223lb Height: 5'8" Gender: M Birthdate: 7/14/1966 Make changes to Weight Information Other Characteristics Personal Information Attitude: Generally Happy First name: John Athletic: Yes Last name: Smith Eye color: Blue Address: 1 MAIN St. Hair color: Brown City: Anytown State: NY Other Demographics. Zip code home: 12345 Race: Caucasian Zip code work: 12346 Religion: Catholic Country: United States Ethnicity: Irish Phone: (212) 555-1234 Blood type: At E-mail: ismith@workplace.com Receive Information: No **Heath Restrictions** E-mail Weight Loss Progress: No None E-mail Format: text 818 Profession: Professional (e.g., doctor, lawyer) Desired Meal Plan Type Marital status: Single Regular Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765 Make changes to Personal Information **Payment Information** 822 Credit Card: Visa Credit card number: *********1111 Expiration date: 2/2002 Name as it appears on the card: John Q Smith Billing Address: 1 MAIN St. City: Anytown State: NY Zip code: 12345 Make changes to Payment Information Total Subscription Charges for Monthly Fee: \$8.00 x 6=: \$48.00 Savings/Discount: \$0.00 Taxes: \$0.00 Total Charges: \$48.00

FIG. 8

Weight Control System

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FIG. 9

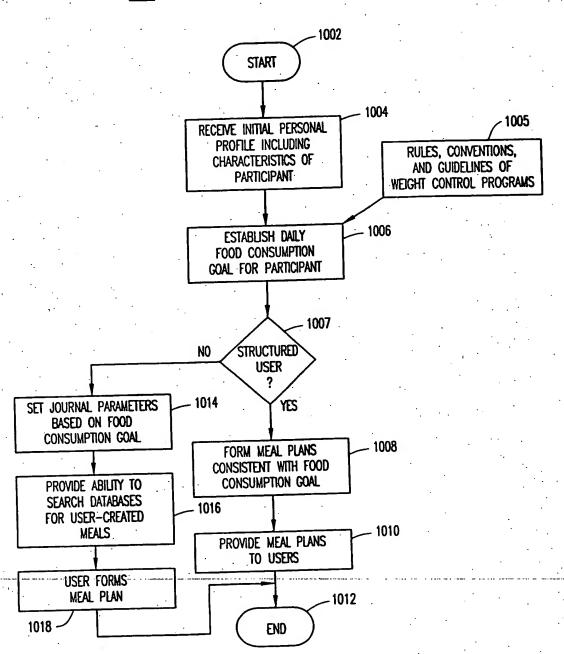


FIG. 10

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FIG. 11

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FIG. 13

Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al 03968-P0001E

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meal plans my shortcuts LOCOUT my 7-day meal plan to weight loss tools. Welcome Kevini I'm not Kevin edit profile Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and Pick my ovators! inspiration is up to you. For help using the meal plan, see our meal MY TOOLS JOURNAL plan user quide. WEIGHT TRACKER view next week's plan see Daily View MEAL PLANS POINTS CALCULATORS add plan to my journal Jan 23 - Jan 29 RECIPE SEARCH 1402 **POINTS** RECIPE BUILDER **WEDNESDAY** 23 MY RESOURCES ☐ WORNING: Cheese Ome Intro to elooks Tools for Living Hot eTools Topic of the Week MIDDAY: Veggie Ch Eating Out Guide EVENING:
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Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al 03968-P0001E

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<u>Foling Out Guide</u> ■ 1 oz low-fat cheddar ar colby cheese eTooks Tio ■ 1 slice high-fiber bread Exchange ■ 1 cup conned fruit cocktail, packed in • Fovorite Recipes valer 2 ■ 1 cup low-fat milk Favorite Boards Swap for another meal? MIDDAY: MY MEETINGS POINTS 75202 coll 5 Veggie Chilli Enter a zip code below 2 ■ 1 cup Health Valley Wild Vegetarion Chilli 7 (Þ) 0 1 cup fresh vegetable slicks Don't know zip code MY NEWSLETTER & MORE ■ 1 The reduced-calorie salad dressing Choose your options ■ 1 cup grapes **GET HELP** 1 **1** slice toosted wheat broad Frequently Asked Questions ■ 1 Thisp I Can't Believe ti's Not Butter! Fat-Contact Us 0 Free Margarine Swap for another meal? ☑ EVENING: POINTS Apricol Turkey Breast with Cinnamon Squash 3 ■ 4 oz boneless, skinless turkey breast(s) ■ 1 Thep aprical jam 0 1 tsp ground ginger 2 3/4 medium acom squash 0 ■ 1/8 tsp ground cinnamon ■ 1 Tbsp light butter 0 ■ 1 1/2 cup green snap beans

FIG. 15A

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Swap for another meal?

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Snacks and Treats

■ 1 cup 0-POINT soup

1 cup fresh vegelable sticks

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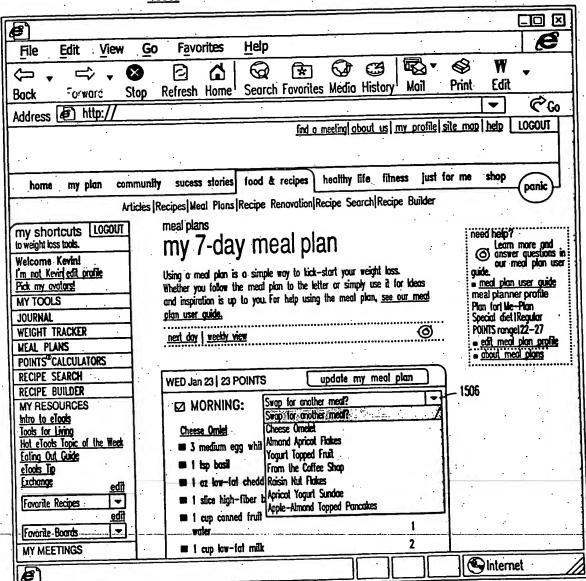


FIG. 15B

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FIG. 16B

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POINTS range: 5

page 1 of 3

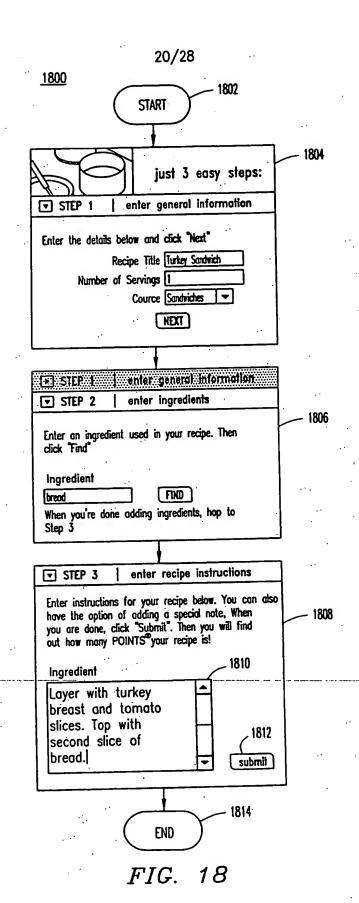
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FIG. 19

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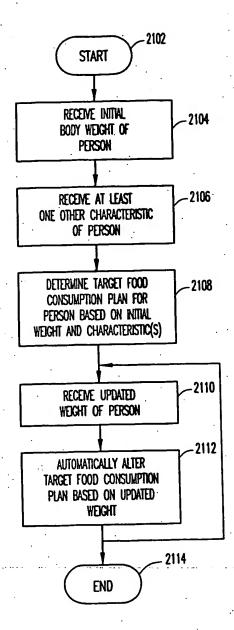


FIG. 21

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don't Danic

we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of partic or days of stress, or even weeks when they're just frantic. Thats why we've created the Panic Page. It will help point you down the right path when you're stressed out about your weight

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over an out message boards and in our chat rooms.

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- I want to lose weight, but I can't seem to get started.
- My weight—loss is at a standstill
- I've fallen off the wagon.
- I'm thinking of quitting.
- I gained this week.
- I can't do this
- I just ate a whole chocolate cake.
- I can's stop overeating!
- Everybody I know is losing weight except_me._
- I'm stressed!
- My family and friends keep bringing me food!
- My spouse doesn't seem to want me to lose weight.
- I'm planning a vaction, How will I stay on track while away?
- My friends have asked me to go out to eat with them.

• 1 have zero POINTS left for the

- Somebody just said something really hurtful to me.
- None of my jeans fit me anymore
- I'm too big to fit into a bus seat.
- I'm going to have to stand in front of a crowd. People willnotice me.
- I feel so lonely.
- -1'm-bored-with-trying-to-lose weight.
- I'm frustrated with trying to lose weight.
- 1 hate exercising.
- I've lost my motivation.
- I feel thinner and look thinner, but I'm not losing pounds.

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FIG. 24C